

Denali Training Fund

Quarterly Progress Report

Funds for this project are provided by the USDOL and the Denali Commission and managed, in partnership, by the Alaska Department of Labor and Workforce Development.

Name of Organization: Rural Alaska Community Action Program, Inc. 9-204	
Name of Project: Capacity Building and Energy Conservation and Efficiency Training Training for AmeriCorps & Vista EN 796161 366-5	
Reporting Period: 4/1/09 – 6/30/09	
Contact Person: Cathie Clements	
Contact Number: 865-7357	Email Address: cclements@ruralcap.com
Expenditures to date: \$115,338.95 expended from this funding,	
Certification: I certify that the information in this report is current, correct and true and in accordance with the terms and conditions of the agreement.	
Signed by: Catherine Clements Dated 7/15/09	

1. In a few sentences, please describe the two scopes of your project:

The Capacity Building training for VISTA Members is designed to improve local administration and management capacity, while strengthening the collaborative work of the service Members in addressing community needs. These increased capabilities will support current and future Denali Commission projects in rural villages. Workshops offered focused on management and leadership development.

The Energy Conservation and Efficiency training for AmeriCorps and VISTA Members, and Head Start Maintenance Specialists is designed to provide the RAVEN AmeriCorps Members, VISTA Energy Program Members, and Head Start Maintenance Specialists with hands on, technical training that will enable them to reduce energy consumption in community and residential buildings.

2. Project Activities for this Reporting Period:

Describe the grant activities that happened during this report period. Include planning, advertisement and/or training performance that occurred this quarter? List any accomplishments achieved. (Attach advertisements if applicable)

Capacity Building Training for VISTA Members

8 VISTA Members from rural Alaska attended the Capacity Building Training, April 17, 2009.

Planning for the Capacity Building Training:

Applications to participate in the VISTA Program are submitted by city and tribal councils after a statewide solicitation. Through a competitive process, sites are selected that include a locally recruited VISTA Member and Site Supervisor. Sites must demonstrate local need for the program and local support in the form of in-kind contributions of Site Supervisor time and support, office space and supplies.

For the spring VISTA recruitment, 10 new VISTA Members were selected to join the programs existing eight VISTA Energy Members. Nine of the new Members started their service year with an out-of-state Pre-Service Orientation (PSO), which took place in San Diego, California. After this training, they traveled to Anchorage where 8 attended the Orientation Training and Capacity Building Training on April 17th and 18th. All 10 of the VISTA Members attended the Energy Training which took place the week of April 20th. The two who had not participated in either of the first two trainings were exempt since they had attended the PSO and Orientation in the past.

Training needs were identified during the recruitment and selection process and based on our past decade of experience providing these and similar programs to rural Alaska. Additionally, sites and new Members complete a community needs assessment and identify the top priorities they will focus on during the program year. After each training, attendees complete training evaluations that offer input on future changes and additions to agendas. Sites are also asked directly during teleconferences to identify training topics and workshops. By the end of March, staff had worked together to develop and finalize the training agenda and secured trainers for the sessions.

April 17-18 Capacity Building Training for VISTA Members

April 17th and 18th, eight VISTA Members traveled to Anchorage for the Capacity Building Training.

VISTA Members traditionally receive Orientation Training at the start of their service, where dates can vary throughout the calendar year. The Denali Commission Training funding allowed for this training to be expanded from a basic introduction to the VISTA Program to a more comprehensive, skill building and professional development training. The goal of the VISTA Orientation Training is to provide Members with the information necessary to be a successful VISTA site – Fundamentals of the VISTA Energy program, VISTA policies and procedures, community needs assessments, program goals and reporting. The goal of the Capacity Building Training was to provide two additional days worth of valuable training that increases the participant's capacity to develop, expand and sustain community development initiatives.

8 VISTA Energy Members attended training from April 17th through the 18th. They attended capacity building workshops as follows:

- Networking and Resources – 30 minutes
- Program Administration – 30 minutes
- Program Management and Work Plan Development – 1.5 hours
- Community Engagement and Youth Leadership – 1.5 hours
- Public Speaking – 1.25 hours
- Project Planning – 45 minutes
- Technical Capacity Building: Indoor Air Quality – 1 hour
- Program Specific Capacity Building – 2 hours

See attached agenda: '2009 VISTA Energy Orientation Agenda' for more details

Energy Training for AmeriCorps and VISTA Members and Head Start Maintenance Workers

March 2009 Planning for Energy Training:

March was spent evaluating feedback from speakers and attendees by hearing from Head Start Staff and reviewing the evaluations from the Head Start Maintenance staff who attended the Energy Training in early March. Based on this feedback, we organized an even more comprehensive energy training agenda for the Energy Training that took place in April. The goal of this training was to provide in-depth technical training for VISTA Energy Members, RAVEN AmeriCorps Members and the Head Start Maintenance staff that were unable to attend in March so that they could return to their communities and use their skills to reduce energy consumption in their communities and at their Head Start centers, as well as to educate others on energy conservation and efficiency. For this training agenda, Rural CAP partnered with key players such as the Alaska Building Science Network, Alaska Housing and Finance Corporation, Renewable Energy Enterprises, Energy Auditors, and in-house Weatherization staff.

Also in early April, energy assessment kits were purchased and assembled for VISTA and AmeriCorps Members. These kits included kill-a-watt meters to measure energy usage, hygrometers, a copy of the *Consumer Guide to Home Energy Savings*, power strips and extension cords, CFL bulbs, and small scale weatherization tools to use for demonstrations in residential and community buildings, as well as a clipboard, and calculator to document and monitor usage.

See attached spreadsheet of 'Home Energy Assessment Kits' supplies

April 20 –23, 2009 VISTA, RAVEN, and Head Start Maintenance Specialist Energy Training:

In April, a total of 42 people attended the RurAL CAP Energy Training: 9 of the 10 Head Start Maintenance Specialists that were weathered out in March were able to make it in, as well as 16 VISTA Energy Members and 17 RAVEN AmeriCorps Members.

Through this training there was a heavy focus on energy efficiency, home energy conservation, and monitoring energy usage. RurAL CAP contracted with a local energy auditor and organized a hands-on course, home energy assessment course where attendees were required to assess a community building and report to the group. Attendees were also given Kill-a-watt meter tutorials so that they could use the tools in the energy kits most effectively when they returned to their communities.

RurAL CAP contracted Alaska Building Science Network (ABSN) to conduct a building efficiency course where Maintenance Specialists, VISTA and AmeriCorps Members learned building fundamentals and how to maintain building airflow and pressure, moisture levels, and manage cold climate conditions such as ice dams.

There was also a break out session to provide specifically focused training for the Maintenance Specialists to bring technical expertise back to their communities, and for the VISTA and RAVEN members to focus on Community Projects. All attendees were provided with resources to share with the whole community such as Energy Tips Saving books and Energy related coloring books for families and energy assessment kits to determine/lower residential and community building energy consumption.

42 Maintenance Specialists, VISTAs, and RAVEN Members attended sessions:

- Community and Home Lighting Retrofits – 1.25 hours
- Minimize Heat Loss: Tackling Air and Window Leaks – 1 hour
- Basic Home Energy Assessment and Measuring Kilowatt Usage – 1 hour
- Building Science Fundamentals: How Buildings Work – 1 hour
- Cold Weather Climate: Avoiding Ice Dams – 2 hours
- Airflow and Moisture Management – 1 ¼ hours
- General Weatherization, Energy Efficiency, and Toyo Stoves 3 ½ hours
- Home Energy Assessment Training and Hands On – 5 hours
- Energy Conservation: Educating Communities – 30 minutes
- Community Project and Funding Opportunities: EECBG – 2 hours
- Educating Others on Energy Conservation – 30 minutes
- Project Brainstorming – 1 hour
- Renewable Energy Technologies and Initiatives – 1.75 hours
- [VISTA and RAVEN] Project Planning and Fieldwork Reports – 3 hours
- [Maintenance Staff] Energy Conservation Basics – 30 minutes
- [Maintenance Staff] Doors Assessment and Utility Door, Repair and Weather Stripping – 2 hours
- [Maintenance Staff] Meth 360:Community Concerns and Solutions – 1.5 hours

See attached agenda 'April Energy Training Agenda' for more details

In finishing the training, all attendees completed Pre- and Post- Assessments which will be used to measure the outcomes and efficiencies of the Energy Training. Participants also filled out training evaluations which are being used as a learning tool to see what aspects of the training were successful and which will need to be reworked to provide even more successful Energy Trainings in the future.

3. Scheduled Project Activities/Important Dates for next quarter:

Describe your planned activities and training for next few months. Please include important dates like graduation, site visits, travel, job fairs, etc.

1. Preparing for a late-summer and September Capacity Building Training for new VISTA and AmeriCorps Members and their Supervisors.

4. a. How many are in your training program during this reporting period?

50

b. How many people have been trained and/or certified to date from this grant?

50

(Please complete form below.)

5. Please list complete the list by putting the community to which each individual trained is from, the type of training and certification, the graduation date and who will employ them upon completion of training.

Community where trainee lives	Type of Training/ Service	Type of Certification to be earned/earned	Dates of training	Graduation Date	Employment commitment after training is complete
Chignik	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Haines	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Kalskag	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Manokotak	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Petersburg	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Selawik	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator

South Naknek	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Tok	Capacity Building		4/17/09 -4/18/09	4/18/09	Serve as VISTA community leader and facilitator
Anchor Point	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Anchorage	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Chignik	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Crooked Creek	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Haines	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Kalskag	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Kodiak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Manokotak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Napakiak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Nome	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Petersburg	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Port Protection	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Selawik	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
South Naknek	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Tenakee Springs	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Tok	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as VISTA community leader and facilitator
Nunapitchuk	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Huslia	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
New Stuyahok	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Coffman Cove	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Russian Mission	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Hughes	Energy		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps

	Training				community leader and facilitator
Emmonak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Petersburg	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Venetie	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Crooked Creek	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Cooper Landing	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Gakona	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Kasigluk	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Nenana	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Sterling	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Kwigillingok	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Tanacross	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as AmeriCorps community leader and facilitator
Yakutat	Energy Training		4/20/09- 4/23/09	4/23/09	
Chevak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT
Emmonak	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT
Homer	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS
Hooper Bay	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT
Marshall	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS

					facility; educate community and PAT
Nunapitchuk	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT
Savoonga	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT
St. Mary's	Energy Training		4/20/09- 4/23/09	4/23/09	Serve as Head Start Staff; do energy audit of HS facility; educate community and PAT

Please copy and use another sheet if you need more spaces.

6. Please identify any problems or changes in your training project that will affect the budget, scope or timeline of the project. Is your training on schedule? What are the reasons for any difficulties or delays? Are you over budget/under budget? Have you had to change the initial scope?

We have received a no-cost extension through December, 2009 to continue this project and train additional AmeriCorps and VISTA Members and their site supervisors this fall.

Please provide an explanation to this change and your resolution to the variance.

Capacity Building Training for VISTA Members, AmeriCorps Members and AmeriCorps Site Supervisors

To date, 58 participants attended the Capacity Building Training in January and April. An additional 20-25 participants are expected to attend Capacity Building training in August and September (a no-cost extension of this project that has been approved by our project officer).

Energy Training for AmeriCorps and VISTA Members and Head Start Maintenance Workers

To date, 57 people have attended Energy Training. Although our initial Energy Training occurred as scheduled, 10 of the 25 MS Staff were weathered out of Anchorage for the March Energy Training due to a blizzard in Western Alaska. We were, however, able to reschedule their travel and expand the April Energy Training to include 9 of the 10 weathered out staff members.

Overall Budget

Although we are on track with our overall budget for this combined training grant, we have had minor changes with other support costs from other funders. As a result, through this funding source, we expect to cover a higher percentage of attendance costs for those attending the Capacity Building Training and a lower percentage of the attendance costs for those VISTAs attending the Energy Training than estimated in our original budget. We have contacted our project officer to clarify if any amendments must be made.

7. How are you or will you be evaluating the individuals being trained to ensure competency, skill level and understanding? (Testing, assessment, etc)

Capacity Building Training for VISTA Members

Participants completed a post-training assessment/evaluation. They are also participating in bi-monthly teleconferences with our Program Coordinators who track their progress and success implementing energy projects through weekly emails and monthly reports. The self-evaluation provides an opportunity for attendees to provide feedback on the usefulness of the session, skills learned/improved, and suggestions for future training.

See attached form for 'Orientation Training Evaluation April 09.'

Energy Training for AmeriCorps and VISTA Members and Head Start Maintenance Workers

Participants have been measured by a pre- and post- assessment at each of the Energy Trainings. Participants also completed a final evaluation of the training. The pre- and post-assessments provide a means for the attendee to rate their knowledge of key energy conservation and weatherization topics, answer questions before and after training on specific technical knowledge, and show improvement of skills after attending the training. These evaluations show a dramatic improvement in basic understanding of key competencies related to energy conservation, such as being able to define a kilowatt, identify ways to conserve heat and avoid moisture build up, and much more.

See attached form for 'Pre-post Assessment' and 'Energy Training Evaluation April 09'

8. Please identify areas that we can assist you in the future

Thank you for your assistance thus far. This has been a fruitful project and we are very excited about the results of the training on the AmeriCorps and VISTA Members, Supervisors, and Maintenance workers as they return to their villages and put their new skills to use in their work. The need for this training has been strongly reinforced by the evaluations following each session. Attendees reported that this training was exactly what they needed, that they plan to take their improved skills and resources home with them and

share with their communities, and that they will be more successful implementing health, environmental, and energy conservation projects as a result of the training.

We look forward to continuing to provide training this fall and reporting on those results.



Home Assessment Kits for VISTA, RAVEN and MS Staff Energy Training

Energy Assessment Tools:

Kill-o-watt meter	\$23
CFLs (1 pack of 10)	\$14.39
Surge Protector	\$9.50
Ext. Cord (3 prong 8ft)	\$9.62
LED Night Light	\$1.88
Coil Brushes	\$3.99
Calculator w/math	\$3.99
LED Flashlight	\$6.00
Clip Board	\$1.49

Small Scale Weatherization:

Window Plastic (1)	\$10.00
Caulk Saver	\$4.79
Door Window Sealtape	\$6.24
Tubing (6ft)	\$3
Foam Gaskets	\$1.93
Hygrometer	\$9.99

Reference Material:

ABSN Book	\$8
Energy Color/Crayons (10)	Free
Tips Books (10)	Free

Shipping:

Large Flat Rate Box	\$13.95
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**RURAL CAP VISTA
TRAINING EVALUATION
APRIL 17-18, 2009
ANCHORAGE, ALASKA**

★PLEASE RATE THE FOLLOWING SESSIONS ON A SCALE OF 1 (LEAST USEFUL) TO 5 (MOST USEFUL) AND
PROVIDE WRITTEN COMMENTS AS YOU LIKE★

Friday, April 17, 2009

			Least useful		Most useful		
10:00 – 11:00	Intro and Icebreaker	Ellen Kazary & Cam Garner	1	2	3	4	5
11:00 – 11:30	Networking and Resources: RurAL CAP and Energy Programs Overview	Ellen Kazary	1	2	3	4	5
11:30 – 12	Program Administration: VISTA in Alaska	Ellen Kazary	1	2	3	4	5
12 – 12:30	Project Planning	Cam Garner	1	2	3	4	5
12:30 – 1	VISTA: What to Expect	Cam & Rebekah Luhrs	1	2	3	4	5
2 – 3	Project Implementation	Cam & Rebekah	1	2	3	4	5
3:30 – 5	Community Involvement and Youth Leadership	Amy Flaherty					
5 – 5:30	Question and Answer	ALL					

Comments: _____

Saturday, April 18, 2009

			Least useful		Most useful		
9 – 9:30	Community Needs Assessments	Ellen	1	2	3	4	5
9:30-10	Public Speaking Activity	Ellen	1	2	3	4	5
10 – 11	Project Planning	Cam	1	2	3	4	5
11– 12	Indoor Air Quality	AJ Salkoski	1	2	3	4	5
1 - 3	Program Specific Capacity Building	Cam and Rebekah	1	2	3	4	5
3 – 4	Overall Q & A	ALL	1	2	3	4	5

Comments: _____

VISTA Training:

Did you attend VISTA Energy Training? YES NO

Did you learn information or skills that will help you improve energy issues in your village?

YES NO

What did you learn that you think will be most useful? _____

What energy problem(s) do you plan to work on this year? ? _____

Skills Assessment:

What project planning/management skills did you receive during the training? _____

What additional skills did you acquire at this training? _____

General:

Were your expectations for the training fulfilled? What were the highlights? _____

Any other comments that you wish to make? _____

What topics do you feel would help you be more effective in your position? _____

THANK YOU AGAIN FOR YOUR PARTICIPATION IN THIS TRAINING!

2009 VISTA Energy Program CAPACITY BUILDING TRAINING

April 17th and 18th

**Homewood Suites, Anchorage
(PSO in San Diego, California)**

Sunday, April 12th

TRAVEL DAY; TAKE AIRPORT SHUTTLE, CHECK IN AT HOMEWOOD SUITES

Monday, April 13th

TAKE AIRPORT SHUTTLE TO THE ANCHORAGE AIRPORT.

TRAVEL TO SAN DIEGO.

MEET REBEKAH LUHRS, RURAL CAP ENERGY PROGRAM COORDINATOR, AT AIRPORT.

FOLLOW CNCS PSO TRAVEL INSTRUCTIONS.

Thursday, April 16th

CNCS TRAVEL DAY– RETURN TO ANCHORAGE FROM SAN DIEGO.

TAKE THE AIRPORT SHUTTLE FROM THE ANCHORAGE AIRPORT TO THE
HOMEWOOD SUITES.

Friday and Saturday, April 17th -18th

VISTA ENERGY PROGRAM ORIENTATION TRAINING AT HOMEWOOD SUITES.
AGENDA ATTACHED BELOW.

Sunday, April 19th

FREE DAY.

Monday-Thursday, April 20th -23rd

ENERGY TRAINING AT HOMEWOOD SUITES.

Friday , April 24th

CHECK OUT OF HOMEWOOD SUITES.

TAKE SHUTTLE TO AIRPORT.

RETURN BACK TO COMMUNITIES.

2009 VISTA Energy Program (VEP) Capacity Building Training AGENDA

April 17th and 18th
Homewood Suites, Anchorage



Friday, April 17th

10:00-10:30am	Welcome and Introduction – Training expectations	Ellen Kazary
10:30- 11:00am	Icebreaker	Cam Garner
11:00-11:30am	Networking and Resources	Ellen Kazary
	- RurAL CAP Overview	
11:30-12:00pm	Program Administration	Ellen Kazary
	- Being an Alaska VISTA	
	- What you should know: benefits, connecting with other members, etc.	
12:00-12:30pm	Program Management and Work Plan Development	Cam Garner
	- VISTA Assignment Descriptions	
12:30- 1:00pm	VISTA: The VISTA Energy Program	Cam and Rebekah
	- Distribution of VISTA Manual	
1:00pm	LUNCH with VISTA members and staff:	
	Welcome and Goodbye Reception	
2:00-3:00pm	Program Administration, continued	Cam and Rebekah
	- Monthly Report requirements and due dates	
	- Training	
	- Teleconferences	
	- Site Visits	
3:00-3:30pm	Meth 360	Amy Flaherty
3:30-5:00pm	Community Engagement and Youth Leadership	Amy Flaherty
	- Volunteer Generation	
	- Youth Involvement	
5:00-5:30	Question and Answer Session	ALL

Saturday, April 18th

9:00-9:30am	Community Needs Assessments	Ellen Kazary
9:30-10:15	Public Speaking	Ellen and AJ
10:15-11:00am	Project Planning: Home assessments, education	Cam and Ellen
11:00-12:00pm	Technical Capacity Building: Indoor Air Quality	AJ Salkoski

12:00pm	LUNCH with VISTA members and staff	
1:00-3:00pm	Program Specific Capacity Building	
	- Measuring Energy Usage: What is a Kilowatt?	Cam Garner
	- Kill-a-Watt hands on session	ALL
	- Energy Overview: Conservation-Renewables	Rebekah Luhrs
3:00-4:00pm	Overall Q&A; Wrap up, photos, and evaluations	ALL



RurAL CAP Energy Training

VISTA Energy • RAVEN • Head Start Maintenance Specialists

Homewood Suites, Anchorage AK

April 20th-23rd

Sunday April 19th – Travel Day

Arrive at Homewood Suites

Monday April 20th: Energy Conservation and Basics of Weatherizing

7:00am –Breakfast at Homewood Suites

8:30 –Introduction, House Keeping, Meet Staff, Expectations, Q&A

9:00 – Getting to know you (Charlie Ess)

9:30 – Fill out Pre-assessments and Denali Commission Training Forms

10:30 –Break

10:45 –Project Training: Community and Home Lighting Retrofits (Charlie Ess)

12:00pm –Lunch (Pass Out Per Diem)

MS STAFF: Technical Training

1:00 – Welcome and Hello (Bruce Greer)

1:15 – Energy Conservation Basics: Educating Parents and Community (Rebekah Luhrs)

1:45 - Doors assessment, repair, and weather stripping (Bruce Greer)

3:00 – Meth 360: Community Concerns and Solutions (Amy Flaherty)

3:30 – Break

3:45 –Utili-door and assessment, repair, and weather stripping (Bruce)

4:30 –Closing

VEP and RAVEN: Community Project Planning and Field Projects

1:00 –Project Planning: Heating Assistance Program (HAP) (Cam)

1:30 –From the Field: Community Involvement (Terri Metcalf)

1:45 –Project Planning: Getting Started with Gardening (Ellen Kazary)

3:15 –Break

3:30 –From the Field: Engaging Youth in Energy Issues (Bedusha Thomas)

3:45 –From the Field: WAISC Energy: Regional Priorities (Liz Duncan)

4:00 –Project Planning: Group Ideas and Brainstorming: Applying what you've learned.

Energy Fairs, Youth, Community Involvement, etc

4:30 –Closing

Tuesday April 21st – Building Basics: From Airflow to Heating (Paul Cotter ABSN)

7:00am –Breakfast at Homewood Suites

8:30 – Team building (Charlie Ess)

9:00– Minimize Heat Loss: Tackling air leaks, window leaks, etc (Cam Garner)

10:00 – Basic Home Energy Assessments (Cam and Rebekah)

10:45 – Break and Snacks

11:00 – How Buildings Work - ABSN

12:00pm – Lunch at Homewood Suites

1:00 – Avoiding Ice Damns - ABSN

3:00 – Break

3:15 – Airflow and Moisture - ABSN

4:30 – Closing



RurAL CAP Energy Training

VISTA Energy • RAVEN • Head Start Maintenance Specialists

Homewood Suites, Anchorage AK

April 20th-23rd

Wednesday April 22nd: Hands-on: Toyo Stoves and Energy Audits

7:00am –Breakfast at Homewood Suites

8:30 – Ice Breaker

9:00 –Toyo Stoves Introduction: Efficiency (Greig McLean REE)

10:00 –Break

10:15 – Toyo Stove Maintenance and Hands-on Training

12:00pm –Lunch at Homewood Suites

1:00 –Energy Home Audit and Assessment Training (Andy Baker)

2:30 –Load in Shuttles for offsite training

3:00 –Hands-on home and Community Building Energy Assessment

4:15 –Group Discussion and Debrief

5:00 –Back to Homewood Suites

Thursday April 23rd: Renewable Energy

7:00am –Breakfast at Homewood Suites

8:30 – Welcome and Ice Breaker

9:00 – Community Project Training: Educate on Conservation (Rebekah)

9:30 – Small Funding Opportunities (Ellen Kazary)

10:15 –Break

11:00 – Community Project Ideas: Developing a Community Energy Policy (Rebekah)

11:30 – **Weatherization (In-house)**

12:00pm –Lunch at Homewood Suites

1:00 –Project Brain Storming: How will you bring this back to your community? (All)

2:00 – Renewable Energy Technologies. (Monty Worthington YRITWC)

2:45 –REAP Alaska Energy Initiatives: Big Picture (Chris Rose, Renewable Energy AK Project)

3:30 – Break

3:45 –Post Assessment and Evaluations

4:15 –Open discussion and closing

4:30 – Closing

**RURAL CAP ENERGY
TRAINING EVALUATION
APRIL 20- APRIL 23, 2009
ANCHORAGE, ALASKA**

★PLEASE RATE THE FOLLOWING SESSIONS ON A SCALE OF 1 (LEAST USEFUL) TO 5 (MOST USEFUL) AND
PROVIDE WRITTEN COMMENTS AS YOU LIKE★

Monday April 20, 2009

		Least useful		Most useful			
9 – 9:30	Getting to Know You	Charlie Ess	1	2	3	4	5
9:30 – 10:30	Pre-Assessment and Denali Commission Training Forms	Charlie Ess	1	2	3	4	5
10:45 – 12	Home Lighting Retrofits	Charlie Ess	1	2	3	4	5
	<i>For VISTA and AmeriCorps:</i>						
1 – 1:30	Heating Assistance Program	Cam Garner	1	2	3	4	5
1:45 – 3:15	Getting Started with Gardening	Ellen Kazary	1	2	3	4	5
4 – 4:30	Group Ideas and Brainstorming	Whole Group	1	2	3	4	5
	<i>For MS Staff:</i>						
1:15-1:45	<i>Energy Conservation Basics</i>	<i>Rebekah Luhrs</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
1:45-4:30	<i>Door and utili-door assessment and repair</i>	<i>Bruce Greer</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

Comments: _____

Tuesday April 21, 2009

			Least useful		Most useful		
8:30 – 9	Team Building	Charlie Ess	1	2	3	4	5
9 – 10	Minimize Heat Loss	Cam Garner	1	2	3	4	5
10 – 10:45	Basic Home Energy Assessments	Cam Garner and Rebekah Luhrs	1	2	3	4	5
11 – 12	How Buildings Work	Paul Cotter	1	2	3	4	5
1 – 3	Avoiding Ice Damns	Paul Cotter	1	2	3	4	5
3:15 – 4:30	Airflow and Moisture	Paul Cotter	1	2	3	4	5

Comments: _____

Wednesday April 22, 2009

			Least useful		Most useful		
9 – 10	Toyo Stoves: Intro	Greg McLean	1	2	3	4	5
10:15 – 12	Toyo Stoves: Maintenance	Greg McLean	1	2	3	4	5
1 – 2:30	Energy Home Audit and Assessment Training	Andy Baker	1	2	3	4	5
2:30 – 5	Hands-On Home and Community Building Energy Assessment	Andy Baker	1	2	3	4	5

Comments: _____

Thursday April 23, 2009

			Least useful		Most useful		
9 – 9:30	Educate on Conservation	Rebekah Luhrs	1	2	3	4	5
9:30 – 10:15	Small Funding Opportunities	Ellen Kazary	1	2	3	4	5
11 – 11:30	Developing a Community Energy Policy	Rebekah Luhrs	1	2	3	4	5
11:30 - 12	Weatherization	Rebekah Luhrs	1	2	3	4	5
1 – 2	Project Brainstorming	ALL	1	2	3	4	5
2 – 2:45	Renewable Energy Technologies	Monty Worthington	1	2	3	4	5
2:45 – 3:30	REAP: Big Picture	Chris Rose	1	2	3	4	5
3:45 – 4:15	Post Assessment, Evaluations, and Open Discussion	ALL					

Comments: _____

Training:

Did you attend the Rural CAP Energy Training? YES NO

Did you learn information or skills that will help you improve energy issues in your village?

YES NO

What did you learn that you think will be most useful? _____

What energy problem(s) do you plan to work on this year? ? _____

Skills Assessment:

What energy information did you receive during this training? _____

What project planning/management skills did you receive during the training? _____

What additional skills did you acquire at this training? _____

General:

Comments: _____

Please comment on the accommodations at the Homewood Suites: _____

Please comment on the food: _____

Were your expectations for the training fulfilled? What were the highlights? _____

Please comment on your travel arrangements. What changes, if any, would you make if coming to Anchorage again? _____

Any other comments that you wish to make? _____

What topics do you feel would help you be more effective in your position? _____

THANK YOU AGAIN FOR YOUR PARTICIPATION IN THIS TRAINING!

WE APPRECIATE YOUR HARD WORK AND ENERGY!